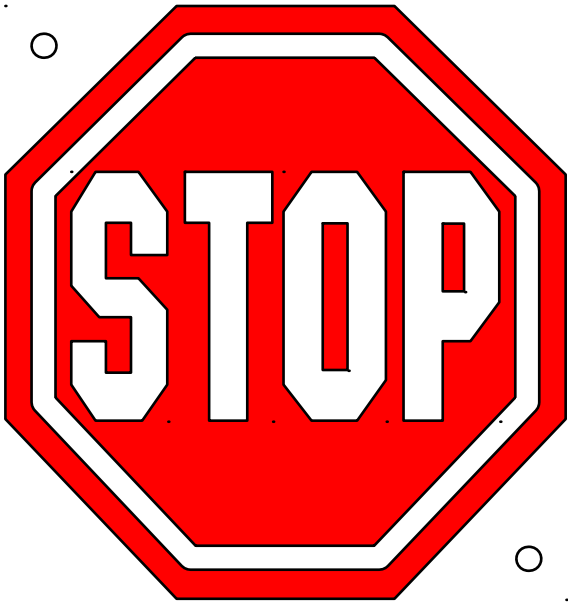
101 Days of Summer

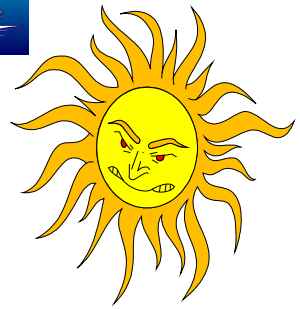
Keep it Cool!

Plan ti…!



Keep it Fun!

Minimize the Risk!

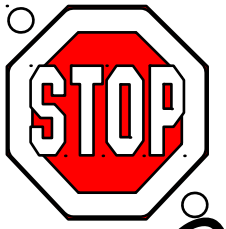


UNSAFE ACTS

Keep it Safe!

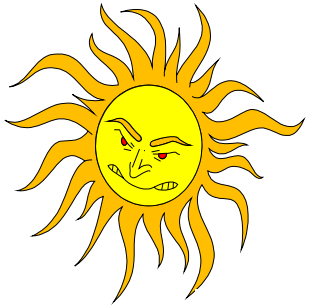
Control Hazards!

Summer Safety



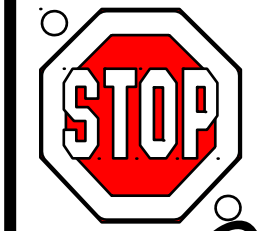
Unsafe Acts

HAZARDS



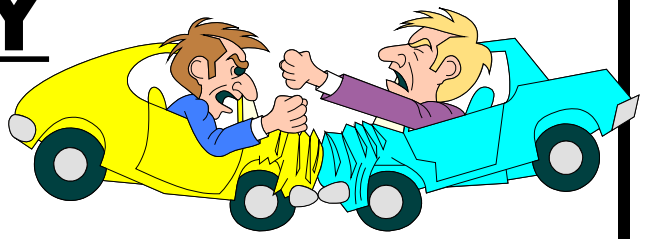
- POV Accidents
- Heat Injuries
- Recreation Accidents
- Sports Accidents
- Water Accidents
- Outdoor Accidents

Summer Safety



Unsafe Acts

POV SAFETY

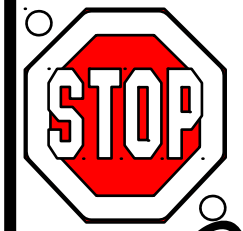


Factors that influence our risk:

- Aggressive Driving
- Age
- Seatbelts
- Alcohol
- Fatigue
- Speed
- Motorcycles

Vehicle accidents are #1 killer of peacetime soldiers

Summer Safety



Unsafe Acts

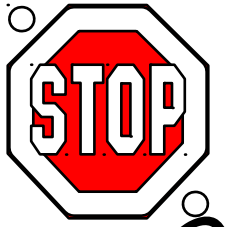
AGGRESSIVE DRIVING

Definition: as defined by the National Highway Traffic Safety Administration (NHTSA)

When individuals commit a combination of moving traffic offenses so as to endanger other persons or property.

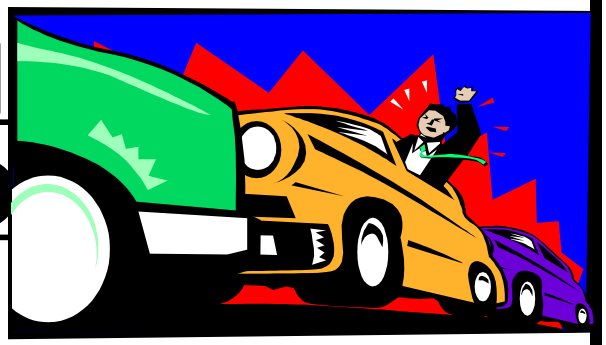
The operation of a motor vehicle involving three or more moving violations as part of a single continuous sequence of driving acts, which is likely to endanger any person or

Summer Safety



Unsafe Acts

DEFINITION CONTINUED

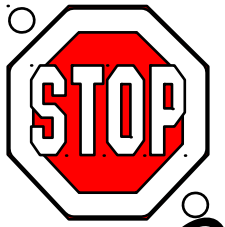


Aggressive driving, is driving under the influence of impaired emotions.

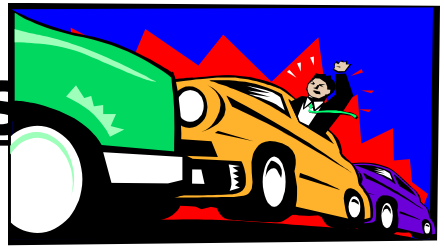
There are three categories:

1. **Impatience and inattentiveness**
2. **Power Struggle**
3. **Recklessness and Road rage**

Summer Safety

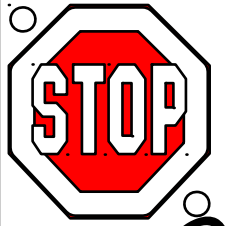


Unsafe Acts Impatience And inattentiveness



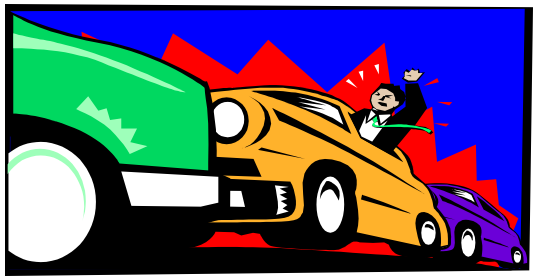
- Driving through red lights
- Speeding up to yellow lights
- Rolling stops
- Cutting corners or crossing over double yellow lines
- Blocking intersections
- Not yielding
- Improper lane change or weaving
- Driving 5 to 15 mph above the speed limit
- Following to close
- Not signaling when required
- Erratically slowing down or speeding up
- Taking too long to start moving

Summer Safety



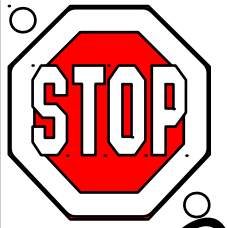
Unsafe Acts

Power Struggle



- Blocking passing lane, refusing to move over
- Threatening or insulting by yelling, gesturing honking repeatedly
- Tailgating to punish or coerce
- Cutting off in a duel
- Braking suddenly to retaliate

Summer Safety



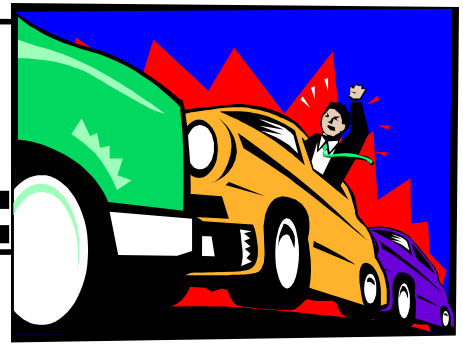
Unsafe Acts

Recklessness And Road rage

- Driving Drunk
- Pointing a gun or firing shots
- Assaulting with the vehicle or battering object
- Driving at very high speeds

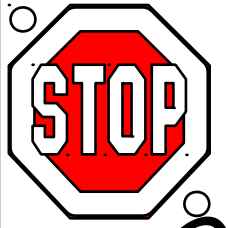
Summer Safety

NHTSA's Survey on Aggressive Driving includes:



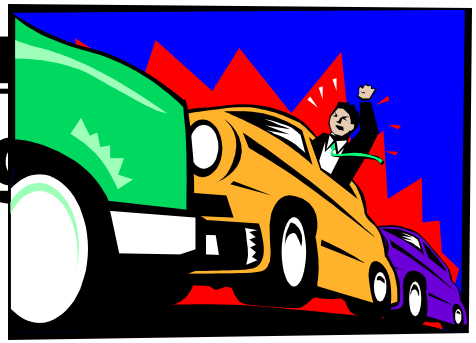
- Speeding
- Improper lane changes
- Improper passing
- Red light running
- Operating a vehicle in a manner that endangers or is likely to endanger others

Summer Safety



Unsafe Acts

NHTSA's Survey on Aggressive Driving continued:



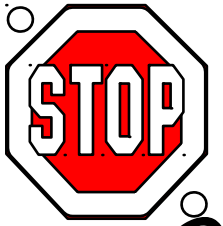
The most common reasons people give for driving aggressively:

- **Late for meetings**
- **Traffic congestion**
- **Frustration**

Are these legitimate reasons for aggressive driving?

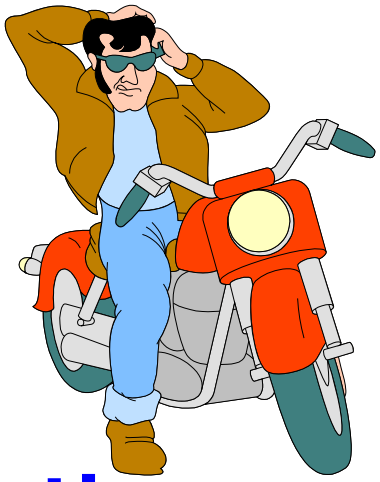
Are there more reasons?

Summer Safety



Unsafe Acts

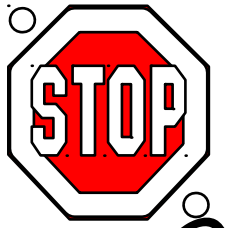
POV SAFETY



Age

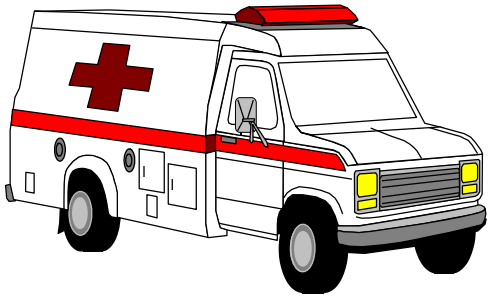
Soldiers who are 18-24 are at the highest risk. Risk of involvement in a fatal crash for soldiers who are 18-24 is nearly 4x greater than any other age group.

Summer Safety



Unsafe Acts

POV SAFETY

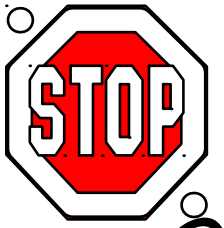


Seatbelts

Seatbelts prevent deaths in 42% of all potentially fatal crashes. Add an air bag to the buckled seatbelt and you increase your odds of surviving the crash to 47%

Summer Safety

POV SAFETY

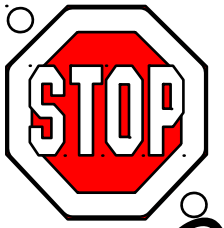


Unsafe Acts

Alcohol

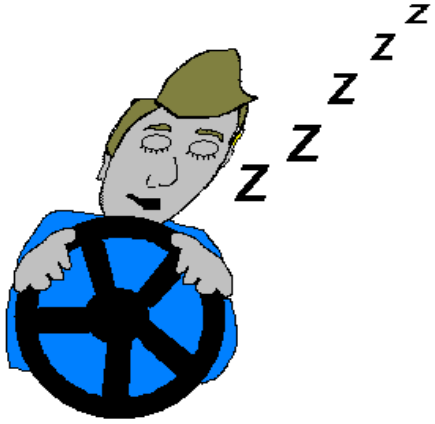
The intoxicated driver is 15x more likely to be involved in a crash and to be fatally injured than a sober driver. About 40% of all traffic fatalities involve an intoxicated or alcohol impaired person.

Summer Safety



Unsafe Acts

POV SAFETY



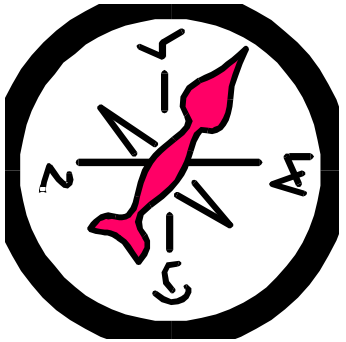
Fatigue

Drivers between the ages of 18-25 are at special risk with over 56% of fatal crashes involving fatigue or falling asleep at the wheel.

Summer Safety

POV SAFETY

Unsafe Acts



Location

Statistics show that travel on interstates is

safer than two lane roads. However, the

fatality rate for travel on roads where high

Summer Safety

Unsafe Acts

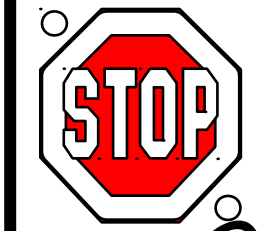
POV SAFETY

Speed

The faster a car is going, the more distance and time it takes the driver to stop. Speeding also reduces the amount of time a driver has to react, and reduces the ability to safely negotiate the road.

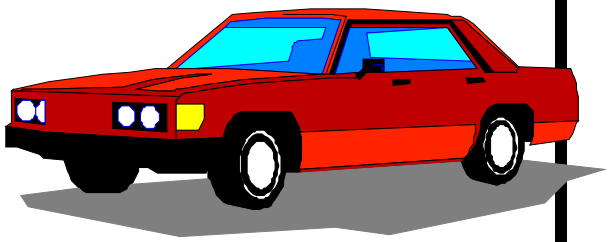
Speed Kills!

Summer Safety



Unsafe Acts

POV SAFETY



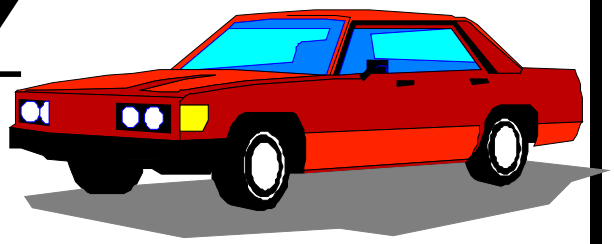
1. Become a courteous driver
2. Don’t drink and drive
3. Use a designated driver
4. Wear seatbelts
5. Obey the speed limit
6. Don’t drive when you are tired

Arrive Alive

Summer Safety

Unsafe Acts

POV SAFETY



8. Adjust speed for conditions
9. Don't follow too closely
10. Maintain your vehicle
11. Drive defensively
12. Avoid use of cellular phone while driving.

Arrive Alive

Summer Safety

Unsafe Acts

Motorcycle Safety

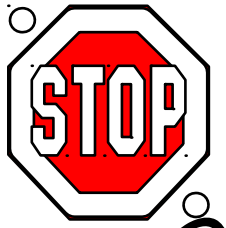
Remember be seen!

- **Must be properly licensed and insured**
- **All riders must attend an approved Motorcycle Safety Foundation Course**
- **Must wear an approved (DOT) helmet, long sleeve shirt/jacket, full finger gloves, boots that cover the ankles, and proper eye protection**

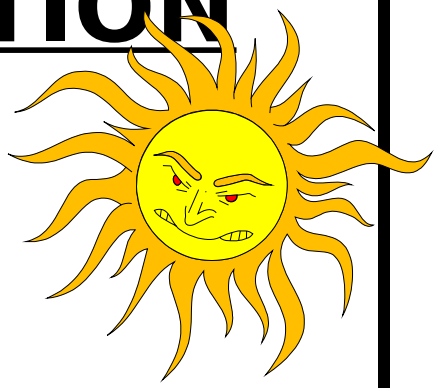
- **Must wear reflective vest at night or during low visibility times**

Summer Safety

HEAT INJURY PREVENTION



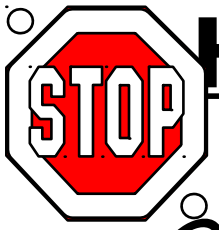
Unsafe Acts



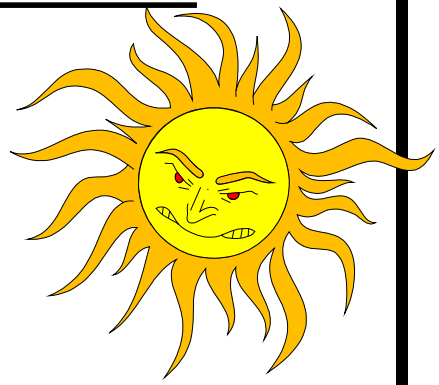
The summer season can be an enjoyable time of the year. It is also a time when the potential for heat injuries increases. Heat injuries are preventable. By following these simple recommendations, it will decrease your susceptibility to them.

Summer Safety

HEAT INJURY PREVENTION



Unsafe Acts

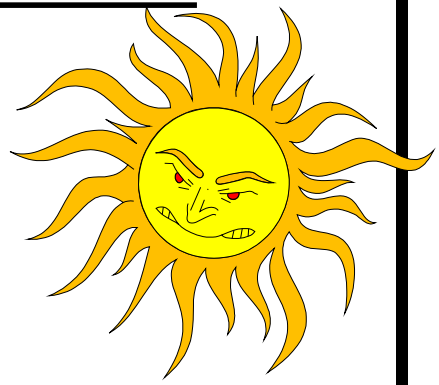


- **Drink plenty of water**
- **Avoid heavy meals at lunch time**
- **Maintain a well balanced diet**
- **Wear appropriate clothing**
- **Use sunscreen**
- **Follow recommended work/rest cycles**
- **Acclimate the body slowly to**

Summer Safety

HEAT INJURY PREVENTION

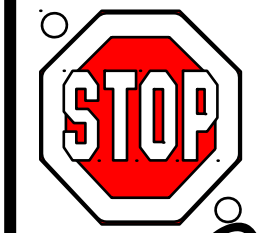
Unsafe Acts



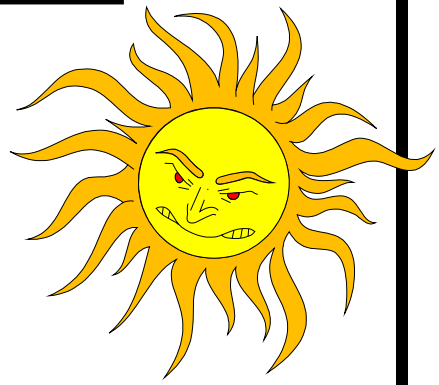
- Keep areas well ventilated
- Schedule outdoor activities during the cooler part of the day
- Use the buddy system
- Monitor those at risk
- Use common sense

Summer Safety

SUNBURN PREVENTION



Unsafe Acts

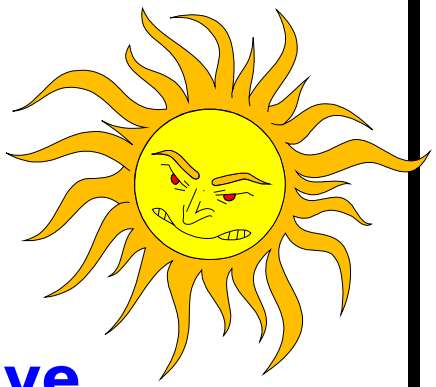


- **Use sunscreen - reapply frequently**
- **Moderation - avoid extended exposure**
- **during peak hours (1000-1600)**
- **Avoid repeated exposure**

Summer Safety

Unsafe Acts

HEAT RASH



CAUSE

Skin irritation caused by excessive sweating in a hot humid environment

SYMPTOMS

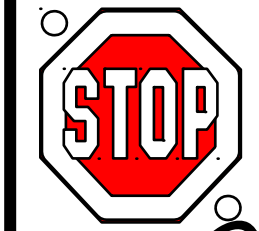
Appears as a cluster of pimples or small blisters in the neck and groin area; under breasts & arms; and skin creases

TREATMENT

Baby powder with corn starch

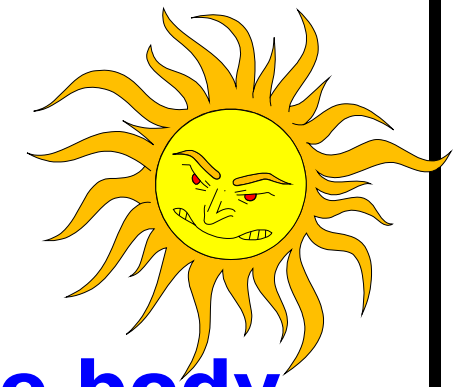
Cool shower - avoid lotions - change clothes

Summer Safety



Unsafe Acts

HEAT CRAMPS



CAUSE

Excessive loss of salt from the body

SYMPTOMS

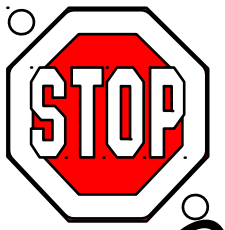
Painful cramps of the major muscle groups (arms, legs, or stomach)

TREATMENT

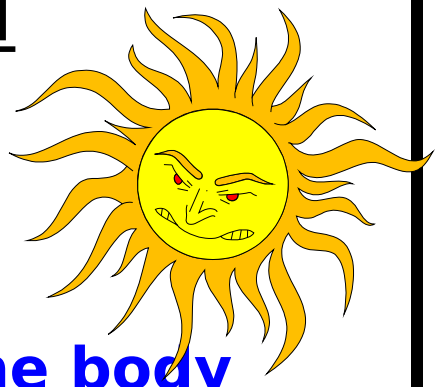
Provide cool water - shade - monitor

Summer Safety

HEAT EXHAUSTION



Unsafe Acts



CAUSE

Excessive loss of salt and water in the body

SYMPTOMS

Profuse sweating - headache - paleness - weakness nausea - cool moist skin - tingling sensation in extremities

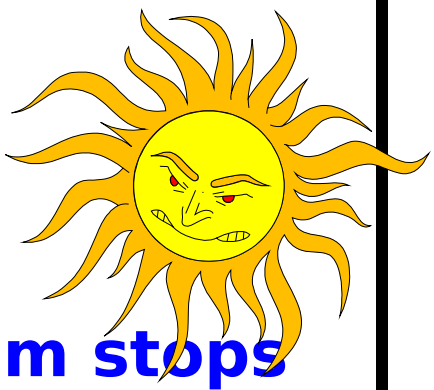
TREATMENT

Provide water - shade - elevate feet - monitor seek medical attention immediately

Summer Safety

Unsafe Acts

HEAT STROKE



CAUSE

The body's heat regulatory mechanism stops

SYMPTOMS

Headache - dizziness - delirium - weakness - nausea

red, hot skin - unconsciousness

TREATMENT

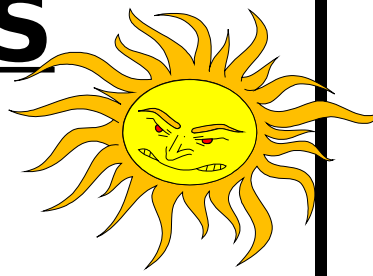
MEDICAL EMERGENCY!!

cool shaded area - soak clothing and fan - elevate feet

massage extremities

Summer Safety

HEAT SAFETY FOR PETS



Unsafe Acts

- **Never leave your pet unattended in direct sunlight**
- **Never leave your pet alone in a unattended vehicle**
- **Always make sure your pet has plenty of water**
- **Avoid strenuous exercise with your pet on hot days**

Summer Safety

LAWNMOWER SAFETY

Unsafe Acts

- **Know how to operate the equipment**
- **Dress properly for the job wear close fitting clothes, sturdy shoes, safety glasses, and ear protection**
- **Clear the cutting area of debris before you begin**
- **Keep your hands and feet away from moving parts**

Summer Safety

LAWNMOWER SAFETY

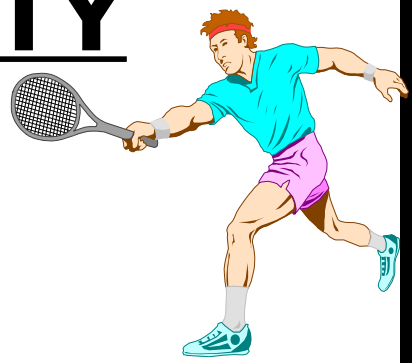
Unsafe Acts

- Don’t use electric mowers on wet grass
- Mow across a slope, not up or down, so the mower doesn’t slide or fall on top of you
- Turn off the engine if you have to check the blade, clean, or adjust the mower
- Never fuel a lawnmower when the engine is hot. Spilled fuel or fumes

Summer Safety

RECREATIONAL SAFETY

Unsafe Acts

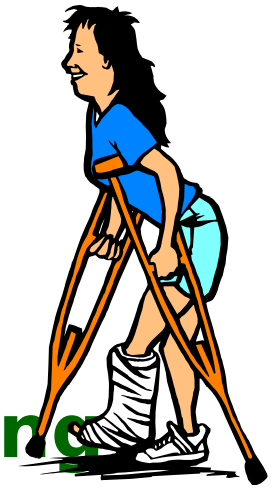


- Get in shape, start slowly
- Choose exercise appropriate for your age and conditioning
- Start with warm-up
- Finish with a cool down
- Know your exercise limits
- Dress appropriately

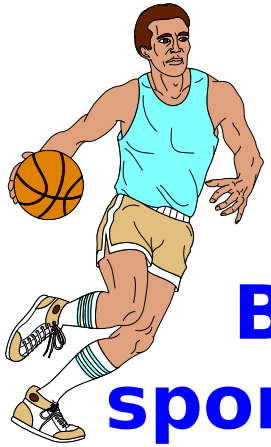
Summer Safety

Unsafe Acts

SPORT INJURIES



More soldiers are injured playing sports than performing training, combat, and soldiering activities.



Basketball is the most frequent sports injury producer in the military.

Summer Safety

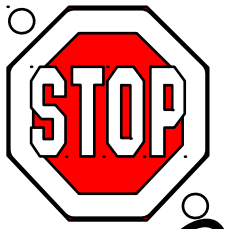
SPORT INJURIES

Unsafe Acts

Before taking the court..

- **Warm up**
- **Stay physically fit. Fit soldiers are less prone to accidents**
- **Wear appropriate shoes and socks**
- **Wear kneepads to protect knees**
- **Participate only in games at your skill level**
- **Ensure playing surface is safe and goals secure**

Summer Safety



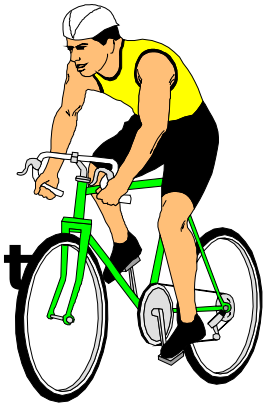
BICYCLE SAFETY

Unsafe Acts

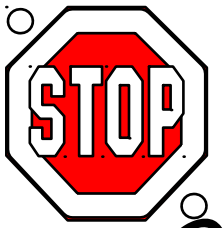
- **Bicycle crashes result in 800-900 deaths per year**
- **90% of bicycle-related deaths involve collisions with motor vehicles**

Before you ride……..

- **Inspect your bicycle for serviceability**
- **Wear an approved safety helmet**
- **Inflate tires properly**
- **Check your brakes**



Summer Safety



BICYCLE SAFETY

Unsafe Acts

When you ride……..

- **See and be seen, wear reflective clothing**
- **Carry a backpack with essential repair tools**
- **Avoid riding at night**
- **Ride single file with traffic and obey traffic signs**
- **Use hand signals**
- **Stay alert for road hazards**
- **Watch for motorists**
- **Stay out of driver's blind spots**

Summer Safety

Rollerblading Safety

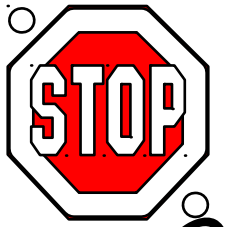
Unsafe Acts

Protective Gear

- **Helmets**
  Should be snug as possible and worn low on the
  forehead, approximately 1” above the eyebrows
- **Wrist Guards**
  Should fit over your hands like gloves to absorb
  the shock of a fall
- **Elbow and kneepads**
  Should be cushioned and fit snugly. If they’re too small, they’ll pop off; if

Summer Safety

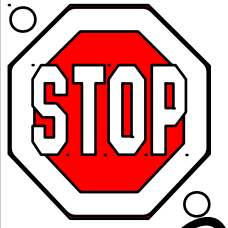
Rollerblading Safety



Unsafe Acts

- All beginners should learn to skate in doors
- Don’t skate in traffic
- Skate on flat, smooth surfaces
- Skate on the right, pass on the left
- Yield to pedestrians when skating on sidewalks
- Don’t combine tasks, such as walking the dog when skating
- Don’t skate at night or in low visibility

Summer Safety



Unsafe Acts

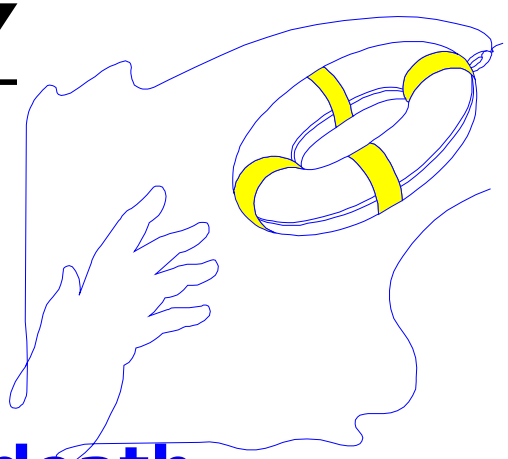
JOGGING SAFETY

- Pace yourself
- Good running shoes are essential
- Always jog against traffic
- Be seen while running (wear reflective clothing)
- Finish with a cool down
- Headphones are prohibited
- Wear reflective clothing during low visibility

Summer Safety

WATER SAFETY

Unsafe Acts



Drowning ….

- **Is a leading cause of soldier death**
- **Most often occurs during off-duty recreational swimming in unauthorized swimming areas after dark.**
- **Frequently related to alcohol use.**

Be Safe around Water

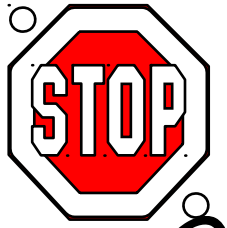
Summer Safety

Unsafe Acts

WATER SAFETY

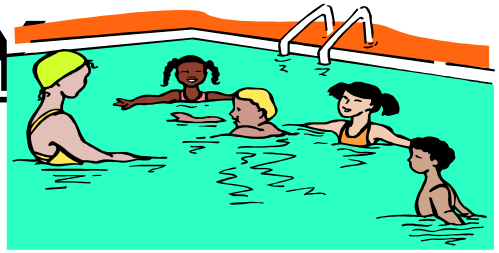
- Learn to swim and know “your limits”
- Use the buddy system
- Swim in supervised areas
- Obey “NO DIVING” signs
- Don’t drink and swim
- Wear Personal Floatation Devices (PFDs) when boating
- Know the weather conditions
- Use common sense - don’t swim after eating, or after drinking.

Summer Safety



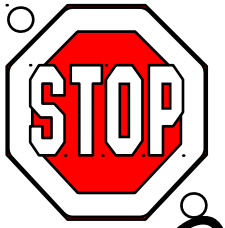
Unsafe Acts

POOL SAFETY



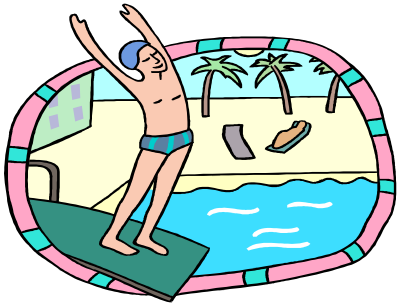
- If you own a backyard pool enroll your children in swimming classes
- Invest in an approved safety cover and always keep the pool covered when not in use
- Fence in your pool to keep curious youngsters from entering the pool area without your permission
- Never, ever, allow toddlers or young children access to the pool without adult

Summer Safety



Unsafe Acts

DIVING SAFETY



- **Only dive in Approved Areas**
- **Diving into shallow water, or striking an unseen object can lead to unconsciousness and all to often death**
- **Always test the water depth before diving, and if you are unable to see below the water's surface, don't dive**
- **Even if you path is clear, keep your arms extended above your head when diving, your hands (not your head) will hit an unseen object**

Summer Safety

Unsafe Acts

WATER SAFETY

Watch out for the "Dangerous Too's"

- **Too tired**
- **Too cold**
- **Too far from safety**
- **Too much sun**
- **Too much strenuous activity**

Summer Safety

WATER SAFETY

Unsafe Acts

Most boating mishaps involve capsizing, falls overboard and collisions. About 90% of all boating fatalities are caused by drowning, and in nearly all cases personal floatation (PFD's) were NOT

Summer Safety

Unsafe Acts

BOATING LIMITS

- **Limit loading your boat to recommended weight capacity only Never Overload!**
- **Limit movement inside the boat**
- **Limit boating to safe weather and water**

Summer Safety

BOATING SAFETY TIPS

Unsafe Acts

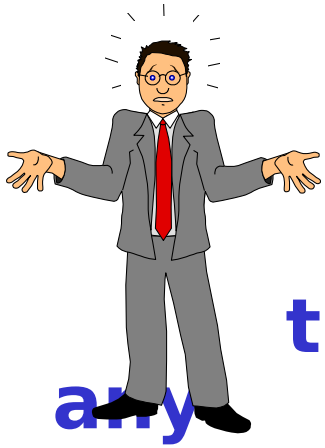
- Yield right of way
- Be aware of others
- Avoid alcohol
- Maintain a safe speed
- Don’t overload
- Don’t loan to inexperienced operators
- Wear proper clothing
- Ensure proper maintenance

Summer Safety

Unsafe Acts

JET SKIS

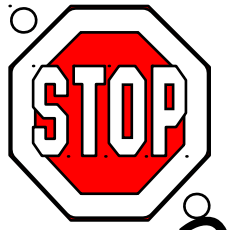
"Jet Skis" or "personal watercraft" are classified as Class A inboard boats.



What does that mean?

It means that they are subject to the same rules and regulations as any other power boat.

Summer Safety



Unsafe Acts

WATER SAFETY RISK MANAGEMENT POINTER

DRINKING + WATER = TROUBLE

Summer Safety

Unsafe Acts

WATER SAFETY RISK MANAGEMENT POINTER

PERSONAL FLOATION DEVICE

IT WON'T WORK IF YOU DON'T WEAR IT

Summer Safety

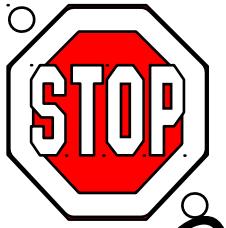
Unsafe Acts

ANIMALS AND REPTILES

HAZARDS:

To prevent potential rabies exposure, avoid wild animals, bats, and domestic animals which are unknown to you or which display strange behavior

Summer Safety



Unsafe Act

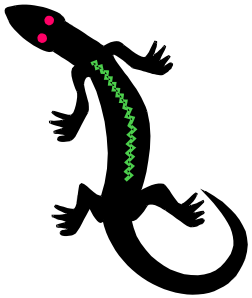
ANIMALS AND REPTILES

Poisonous snakes

Several types of dangerous snakes are indigenous to this area to include rattlesnakes, and Copperheads. Treat all snakes as if they are poisonous. Most bites result from handling or aggravating snakes.

Summer Safety

Unsafe Acts **INSECTS**



Ticks, spiders, scorpions, and insects

Identify personnel who are allergic to insect bites or stings and ensure that they have an emergency first-aid kit on hand.

- **Use insect repellent (follow directions)**
- **When camping, inspect bedding before use, and**

  avoid sleeping or leaving clothes in damp places.

- **Food and crumbs attract insects**

Summer Safety

Unsafe Acts

ANIMALS, REPTILES AND INSECTS

IF YOU HAVE:

- **Unusual bite**
- **Tick bite (do not remove tick)**
- **Multiple bites**

SEEK MEDICAL ATTENTION!!

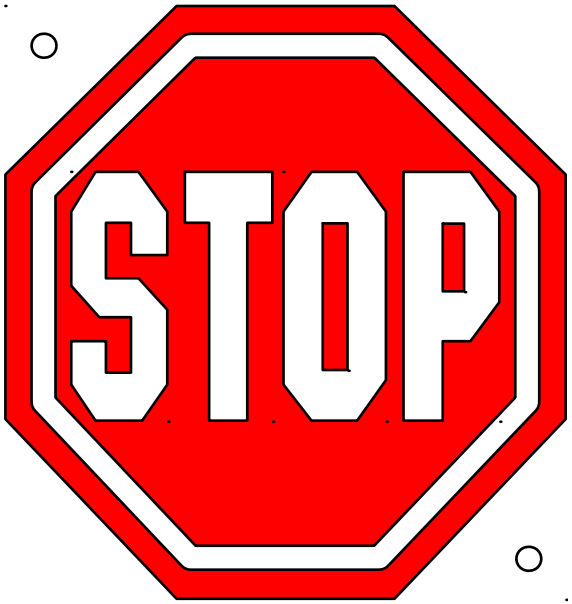
Summer Safety

Your Safety and Health are important to the Army, Your Family, and Your Unit & Organization use Composite Risk Management 24/7

101 Days of Summer

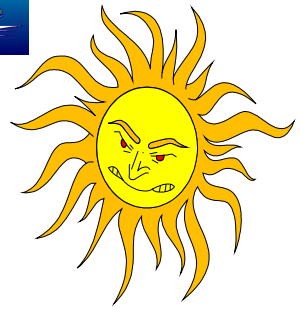
Keep it Cool!

Plan ti…!



Keep it Fun!

Minimize the Risk!



UNSAFE ACTS

Keep it Safe!

Control Hazards!